

Don't Be Afraid to Ask for Help

It has been a whirlwind month of running to different meetings. Which is why this Council Connect is running a tad late. My apologies.

At one of the meetings, I quickly ran to use the bathroom and next to me was Tricia Fergusson. Quietly I heard a voice say, "Can someone help me the door is stuck!" A sister in Christ gave a good hit to the door and she was free! We laughed and laughed about it and she said the lesson from the story is, "Don't be afraid to ask for help."

There are so many times we get worked up in a mess of anxiety, frustration or even pain. A Holy Hour is much like going to your physician, I usually go through any possible symptoms I am feeling and we discuss what they might be. I think going to the Blessed Sacrament to ask Jesus for help and let Him work it out with you is the same thing. As women, I think we carry a lot of Martha tension, we have to accomplish so much and going to a Holy Hour is one thing we scratch off of our list. Once at that Holy Hour the stress and tension MELTS away. Going to the Great Physician cures all the tension in our body and mind.

This next month as we prepare for this election, and when we are running to school activities, ball games and completing harvest. Why not make an appointment with the Jesus in the Blessed Sacrament and bring everything to Jesus?

Your Humble Servant

Judy Weston